



Claim 9 (New). A sanitary tampon as set forth in claim 8, wherein the absorber is folded into a column shape to have a generally M-shaped cross-section.

Claim 10 (New). A sanitary tampon as set forth in claim 8, wherein prior to compression, the small open recesses have an opening diameter of 0.5 to 1.0 mm and a depth of 1 to 5 mm and are distributed in a density of 1 to 10 recesses/cm<sup>2</sup>.